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July - July 05

MONDAY

Chickpea Stew

with Vegeroni Spiral Pasta, Curried Cauliflower, and Blistered Cherry Tomatoes

Sweet Chilli Tofu

with Parsley Cauliflower Rice, Charred Broccoli, and Nelson's Sweet Corn

Thips Sea Salt Tempeh Chips

TUESDAY

Turmeric Chicken Thigh

with Fragrant Brown Rice, Herbed Potatoes, and Blistered Cherry Tomatoes

Honey Soy Chicken Thigh

with Chunky Potato Salad, Blistered Cherry Tomatoes, and Charred Broccoli

Thips Spicy Chilli Tempeh Chips



Honey Soy Chicken Thigh

with Vegeroni Spiral Pasta, Sunny Full-Baked Egg, and Blistered Cherry Tomatoes

Turmeric Chicken Thigh

with Fragrant Brown Rice, Peppered Long Beans, and Sunny Full-Baked Egg

Thips Seaweed Tempeh Chips



Rosemary Chicken Breast

with Fragrant Brown Rice, Nelson's Sweet Corn, and Charred Broccoli

Lemon Pepper Crusted Fish

with Baby Romaine, Curried Cauliflower, and Blistered Cherry Tomatoes

Kintry Chocolate Hazelnut Granola

FRIDAY

Turmeric Chicken Thigh

with Parsley Cauliflower Rice, Caramelized Pumpkin, and Thyme Shimeiji Mushrooms

Honey Soy Chicken Thigh

with Fragrant Brown Rice, Sweet Chilli Tofu, and Garlic Pak Choy

Kintry Macademia Cookies with White Chocolate Chips





July 1 July 12

THURSDAY

Rosemary Chicken Breast

with Fragrant Brown Rice, Harissa Eggplant, and Cajun Cabbage

Turmeric Chicken Thigh

with Vegeroni Spiral Pasta, Garlic Pak Choy, and Curried Cauliflower

Thips Spicy Chilli Tempeh Chips

FRIDAY

Rosemary Chicken Breast with Parsley Cauliflower Rice, Blistered Cherry Tomatoes, and Cajun Cabbage

Rosemary Chicken Breast

with Vegeroni Spiral Pasta, Cajun Cabbage, and Thyme Shimeiji Mushrooms

Thips Seaweed Tempeh Chips

MONDAY

Chickpea Stew

with Fragrant Brown Rice, Paprika Tempeh, and Herbed Potatoes

Paprika Tempeh

with Baby Romaine, Nelson's Sweet Corn, and **Blistered Cherry Tomatoes**

Kintry Salted Egg Yolk Potato Crisps

TUESDAY

Lemon Pepper Crusted Fish

with Fragrant Brown Rice, Harissa Eggplant, and Garlic Pak Choy

Rosemary Chicken Breast

with Parsley Cauliflower Rice, Paprika Tempeh, and Nelson's Sweet Corn

Kintry Oat Cookies with Chocolate Chips

WEDNESDAY

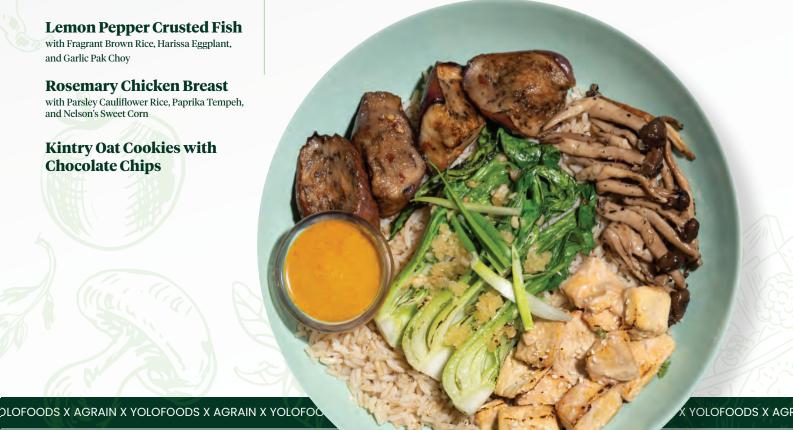
Lemon Pepper Crusted Fish

with Vegeroni Spiral Pasta, Blistered Cherry Tomatoes, and Garlic Pak Chov

Honey Soy Chicken Thigh

with Chunky Potato Salad, Paprika Tempeh, and Sunny Full-Baked Egg

Thips Sea Salt Tempeh **Chips**



July 19 19

MONDAY

Sweet Chilli Tofu

with Fragrant Brown Rice, Peppered Long Beans, and Harissa Eggplant

Chickpea Stew

with Parsley Cauliflower Rice, Harissa Eggplant, and Herbed Potatoes

Kintry Chocolate Hazelnut Granola

TUESDAY

Honey Soy Chicken Thigh

with Fragrant Brown Rice, Thyme Shimeiji Mushrooms, and Peppered Long Beans

Rosemary Chicken Breast

with Vegeroni Spiral Pasta, Garlic Pak Choy, and Sunny Full-Baked Egg

Kintry Macademia Cookies with White Chocolate Chips

WEDNESDAY

Honey Soy Chicken Thigh

with Vegeroni Spiral Pasta, Peppered Long Beans, and Blistered Cherry Tomatoes

Rosemary Chicken Breast

with Parsley Cauliflower Rice, Paprika Tempeh, and Nelson's Sweet Corn

Kintry Salted Egg Yolk Potato Crisps

THURSDAY

Honey Soy Chicken Thigh

with Fragrant Brown Rice, Garlic Pak Choy, and Onsen Egg

Rosemary Chicken Breast

with Vegeroni Spiral Pasta, Harissa Eggplant, and Nelson's Sweet Corn

Kintry Oat Cookies with Chocolate Chips

FRIDAY

Rosemary Chicken Breast

with Fragrant Brown Rice, Blistered Cherry Tomatoes, and Caramelized Pumpkin

Honey Soy Chicken Thigh

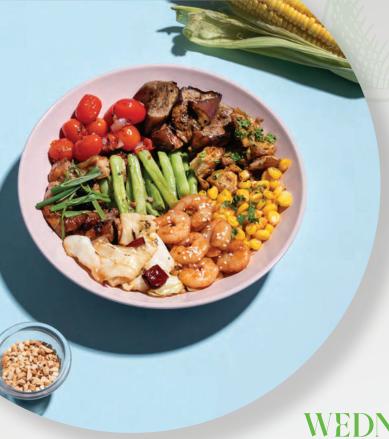
with Vegeroni Spiral Pasta, Charred Broccoli, and Nelson's Sweet Corn

Thips Sea Salt Tempeh Chips





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July 22 26

WEDNESDAY

Lemon Pepper Crusted Fish

with Vegeroni Spiral Pasta, Caramelized Pumpkin, and Cajun Cabbage

Honey Soy Chicken Thigh

with Fragrant Brown Rice, Garlic Pak Choy, and Onsen Egg

Kintry Chocolate Hazelnut Granola

THURSDAY

Honey Soy Chicken Thigh

with Vegeroni Spiral Pasta, Caramelized Pumpkin, and Curried Cauliflower

Honey Soy Chicken Thigh

with Parsley Cauliflower Rice, Garlic Pak Choy, and Harissa Eggplant

Kintry Macademia Cookies with White Chocolate Chips

MONDAY

Chickpea Stew

with Baby Romaine, Charred Broccoli, and Nelson's Sweet Corn

Paprika Tempeh

with Vegeroni Spiral Pasta, Caramelized Pumpkin, and Nelson's Sweet Corn

Thips Spicy Chilli Tempeh Chips

TUESDAY

Honey Soy Chicken Thigh

with Vegeroni Spiral Pasta, Peppered Long Beans, and Blistered Cherry Tomatoes

Lemon Pepper Crusted Fish

with Fragrant Brown Rice, Peppered Long Beans, and Curried Cauliflower

Thips Seaweed Tempeh Chips

FRIDAY

Rosemary Chicken Breast

with Baby Romaine, Blistered Cherry Tomatoes, and Caramelized Pumpkin

Honey Soy Chicken Thigh

with Vegeroni Spiral Pasta, Charred Broccoli, and Nelson's Sweet Corn

Thips Sea Salt Tempeh Chips



July August 29 02

MONDAY

Chickpea Stew

with Vegeroni Spiral Pasta, Curried Cauliflower, and Blistered Cherry Tomatoes

Sweet Chilli Tofu

with Parsley Cauliflower Rice, Charred Broccoli, and Nelson's Sweet Corn

Thips Spicy Chilli Tempeh Chips

TUESDAY

Turmeric Chicken Thigh

with Fragrant Brown Rice, Herbed Potatoes, and Blistered Cherry Tomatoes

Honey Soy Chicken Thigh

with Chunky Potato Salad, Blistered Cherry Tomatoes, and Charred Broccoli





WEDNESDAY

Honey Soy Chicken Thigh

with Vegeroni Spiral Pasta, Sunny Full-Baked Egg, and Blistered Cherry Tomatoes

Turmeric Chicken Thigh

with Fragrant Brown Rice, Peppered Long Beans, and Sunny Full-Baked Egg

Kintry Chocolate Hazelnut Granola

THURSDAY

Rosemary Chicken Breast

with Fragrant Brown Rice, Nelson's Sweet Corn, and Charred Broccoli

Lemon Pepper Crusted Fish

with Baby Romaine, Curried Cauliflower, and Blistered Cherry Tomatoes

Kintry Macademia Cookies with White Chocolate Chips

FRIDAY

Turmeric Chicken Thigh

with Parsley Cauliflower Rice, Caramelized Pumpkin, and Thyme Shimeiji Mushrooms

Honey Soy Chicken Thigh

with Fragrant Brown Rice, Sweet Chilli Tofu, and Garlic Pak Choy

Kintry Salted Egg Yolk Potato Crisps





August August 05 09

MONDAY

Chickpea Stew

with Fragrant Brown Rice, Paprika Tempeh, and Herbed Potatoes

Paprika Tempeh

with Baby Romaine, Nelson's Sweet Corn, and **Blistered Cherry Tomatoes**

Kintry Oat Cookies with Chocolate Chips

TUESDAY

Lemon Pepper Crusted Fish

with Fragrant Brown Rice, Harissa Eggplant, and Garlic Pak Choy

Rosemary Chicken Breast

with Parsley Cauliflower Rice, Paprika Tempeh, and Nelson's Sweet Corn

Thips Sea Salt **Tempeh Chips**

WEDNESDAY

Lemon Pepper Crusted Fish

with Vegeroni Spiral Pasta, Blistered Cherry Tomatoes, and Garlic Pak Choy

Honey Soy Chicken Thigh

with Chunky Potato Salad, Paprika Tempeh, and Sunny Full-Baked Egg

Thips Spicy Chilli Tempeh Chips

THURSDAY

Rosemary Chicken Breast

with Fragrant Brown Rice, Harissa Eggplant, and Cajun Cabbage

Turmeric Chicken Thigh

with Vegeroni Spiral Pasta, Garlic Pak Choy, and Curried Cauliflower

Thips Seaweed Tempeh Chips

FRIDAY

Rosemary Chicken Breast

with Parsley Cauliflower Rice, Blistered Cherry Tomatoes, and Cajun Cabbage

Rosemary Chicken Breast

with Vegeroni Spiral Pasta, Cajun Cabbage, and Thyme Shimeiji Mushrooms

Kintry Chocolate Hazelnut Granola

